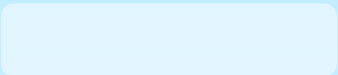


# Governor's Commission on Women's and Children's Health





## Mission

The mission of the Arizona Governor's Commission on Women's and Children's Health is to promote wellness and improve access to health care for Arizona's women, children, and adolescents. The Commission will work collaboratively with other organizations to identify priorities and make recommendations for effective health policy and practices to the Governor, increase public awareness of health issues, and support women to manage their own health and that of their children.

## Vision

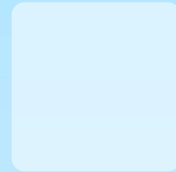
Arizona women will have access to information, affordable high quality physical and behavioral health care, and the support that they need to live healthy lives, be productive members of their communities, and care for themselves and their children. Arizona children and adolescents will have access to information, affordable high quality physical and behavioral health care, and the support that they need to live healthy lives, attend and perform well in school, and grow up to be healthy adults.

## Introduction: Defining a Focus Area

The Governor reestablished the Commission on Women's and Children's Health in April, 2008. The Commission is charged with identifying priorities and advising the Governor on effective policies and practices to improve the health and wellness of women and children. The Commission is also required to support and empower women and their families to take control of and manage their health through a strong prevention model. The Commission launched in September, 2008 and worked vigorously for three months to develop this action plan.

As required by Executive Order 2008-18, the Commission assessed the health status of Arizona's women and children, using key indicator data provided by the Arizona Department of Health Services (see "Key Indicators"). After review of the data, the Commission established criteria for selecting a primary focal area to concentrate efforts. The focal area chosen should be amenable to policy and environmental change, sustainable, allow the Commission to have an impact by 2010, and result in long-term health benefits across the state with existing funding or at no cost to the state. It was also a top priority to build on existing efforts and leverage knowledge and projects already underway.

One of the focal areas considered was the prevention of unplanned pregnancy among 18 to 24 year olds. While the teen pregnancy rate for 15 to 17 year olds decreased from 2006 to 2007, the rate for 18 and 19 year olds increased from 115.6 per 1,000 females in 2006 to 121.4 per 1,000 females in 2007. That is the highest level since 2000. Additionally, based on national data, one in 20 American women has an unintended pregnancy each year. Consistent with the Commission's commitment to build on existing efforts, the Commission will partner with the Governor's Office and the Arizona Department of Health Services to develop and implement a statewide plan for reducing unplanned pregnancies in this age group. This effort will be made possible through recently awarded grant funding from The National Campaign to Prevent Teen and Unplanned Pregnancy. The Commission will have representatives on the ADHS strategic planning committee and will receive updates at all subsequent Commission meetings.





Obesity is defined as a Body Mass Index of 30 or higher.

Overweight is defined as a Body Mass Index of 25-29.9



## Focus Area

The Commission will focus primarily on the promotion of nutrition and physical activity for a healthy weight. Selection of this focus area recognizes the following: Obesity is one of the most serious health problems in Arizona and affects Arizonans of all ages and socioeconomic groups. Obesity contributes to more than 20 chronic diseases including heart disease—the top killer of Arizonans. Obesity also strains the health care system and escalates health care costs.

### ADULTS

- In 2007, Arizona ranked 31st ( 50th having greatest rate) among all states with an adult obesity rate of 25.8 percent.<sup>1</sup>
- According to the Centers for Disease Control/Behavioral Risk Factor Surveillance System, 31.8 percent of adult women 18 years and older in Arizona had a calculated BMI (Body Mass Index) indicating that they were overweight and 21.7 percent had a BMI indicating that they were obese, compared to 29.9 percent overweight and 25.9 percent obese nationally.<sup>2</sup>
- In 2007, females aged 55 to 64 years old were the most likely to be obese (28.4 percent) compared to other age groups in Arizona.<sup>3</sup>

### YOUTH

- One in seven high school students in Arizona during 2007 had a BMI indicating that they were overweight (14.2 percent), and one in nine students had a BMI indicating that they were obese (11.7%).<sup>4</sup>

### CHILDREN

- For children age 10-17 in Arizona in 2003, 29.7 percent had a BMI indicating that they were overweight or obese compared to 30.6 percent nationally.<sup>5</sup>
- Overall, Arizona ranked 25th of 50 states for the percentage of overweight or obese children in 2003.<sup>5</sup>

### References

1. Arizona Behavioral Risk Factor Survey Reports (2008). "Obesity in Arizona: Prevalence, Hospital Care Utilization, Mortality" (<http://www.azdhs.gov/plan/brfs/other%20reports/2007%20Obesity%20Report%20Final.pdf>)
2. 2007 CDC Behavior Risk Factor Surveillance System (<http://apps.nccd.cdc.gov/BRFSS/>).
3. 2007 CDC Behavior Risk Factor Surveillance System (<http://apps.nccd.cdc.gov/BRFSS/>).
4. 2007 CDC Youth Risk Behavioral Surveillance System (<http://apps.nccd.cdc.gov/yrbss/>)
5. 2003 National Survey of Children's Health (<http://nschdata.org/Viewdocument.aspx?item=201>) (BMI calculated from primary care giver reported height and weight)

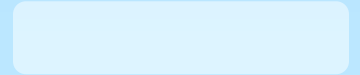
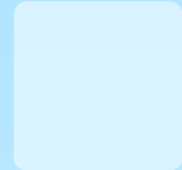
To begin developing an action plan for prevention of obesity and overweight, the Commission reviewed evidence-based and promising practices from both local and national sources. The Commission consulted the existing Arizona Nutrition and Physical Activity State Plan and identified actions they can take to support the goals of the Plan, which are to promote and enable Arizonans to eat smart and engage in active lifestyles. The Commission's proposed actions are focused on policy and environmental change that will promote improved nutrition and increased physical activity where Arizonans learn, live, and work and can be implemented with limited resources by the Commission and its partners.

### Criteria for Selection of Strategies for Action

- Creates policy or environmental change
- Can be put into place by 2010, even if results will take longer to realize
- Will lead to improved nutrition and increased physical activity in Arizona
- Is sustainable
- Is culturally sensitive
- Offers opportunities for multiple partners and all Arizonans to participate
- Could be implemented with current resources, at no new cost to the state, or attracts grant funding

### Planned Partners with the Commission on Women's and Children's Health

- Governor
- State Agencies
- Tribal Governments
- Local Governments
- Colleges and Universities
- Schools
- Early Childhood Programs
- Community Health Centers
- Health Plans
- Health Care Providers
- Businesses
- Associations
- Community-based Organizations
- Faith-based Organizations
- Local Communities
- Arizona Families





## Taking Action to Promote Nutrition and Physical Activity for a Healthy Weight in Arizona



### Desired Outcome

Policy and environmental changes that make it easier for Arizonans to make healthy choices



Leading to improved nutrition and increased physical activity



Leading to decreased obesity and overweight



Leading to a healthier Arizona

### Area for Action

#### WHERE WE LEARN

### Commission Action Steps

Partner with state and local officials to embed physical activity throughout the school day and offer organized recess activity and/or physical education

Advocate for strengthened childcare licensing and certification regulations related to nutrition and physical activity

#### WHERE WE LIVE

Promote nutritional menu labeling in eating places and encourage reduction of portion sizes and the availability of healthy choices

Work with local governments to create walkable and safe communities

#### WHERE WE WORK

Develop a recognition program for employers that demonstrate commitment to the nutrition and physical activity of their employee

Promote state programs and other models that help employers build healthy worksites

Make Arizona state government a model employer in terms of promoting nutrition and physical activity

Encourage state contractors serving children, families, and older adults to incorporate nutrition and physical activity in their program and workplaces

Participate in the update of the Arizona Nutrition and Physical Activity State Plan, ensure the Plan includes evaluation measures, and support efforts to track progress

Lead a forum with key state, local, and tribal leaders to develop Arizona's Nutrition and Physical Activity policy agenda

Study healthcare coverage benefits for obesity assessment and treatment and utilization of these benefits among commercial and public health plans

## Key Women's and Children's Health Indicators

### Healthy Women

There are 1,300,777 women ages 15-44 in Arizona, 2007, Arizona Health Status and Vital Statistics

#### Access to Care

76.2% of women ages 18-64 have health insurance, 2004-2005 based on 2006-2007 databases, US Bureau of Labor Statistics and US Census Bureau, Current Population Survey, as reported in the National Women's Law Center Report Card (81.3%, 2004 estimate)

49.2% of low-income women receive reproductive health/family planning services, 2006 (provisional), Arizona Family Planning Council, as reported in the Maternal and Child Health Services, Title V Block Grant, State Narrative for Arizona, Application for 2009, Annual Report for 2007 (49.2%, 2004)

69.8% of women ages 15-44 receive adequate prenatal care, 2006, as reported in the Maternal and Child Health Services, Title V Block Grant, State Narrative for Arizona, Application for 2009, Annual Report for 2007 (69.3%, 2004)

10.3% of births are preterm and 7.1% are low birthweight, 2007, Arizona Department of Health Services, Vital Statistics (11.0% preterm & 7.2% low birthweight, 2004)

84.3% of women ages 18-44 received pap smears within the past 3 years; 75.7% of women age 40 and over received a mammogram within the past 2 years, 2004, 2006, based on Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System Survey, two year average (pap, 87.4%; mammograms, 76.0%, 2002, 2004)

69.6% of women age 18 and over have an annual dental visit, 2006, based on Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System Survey (70.9%, 2004)

#### Behavioral Health

72,500 women accessed the Division of Behavioral Health Services, Fiscal Year 2008, Arizona Department of Health Services, Division of Behavioral Health Services

25,803 women ages 18-44 accessed substance abuse services through the Division of Behavioral Health Services, Fiscal Year 2008, Arizona Department of Health Services, Division of Behavioral Health Services

#### Pregnancy and STDs

For women ages 15-44, the following rates apply, 2007, Arizona Health Status and Vital Statistics

- 1403.2 per 100,000 have Chlamydia (1024.5, 2004)
- 171.7 per 100,000 have Gonorrhea (138.3, 2004)
- 12.1 per 100,000 have Early Syphilis (9.5, 2004)

For women of all ages 56.0 per 100,000 have HIV/AIDS, 2006, Arizona Office of HIV/AIDS, 2008 (51.8, 2004)

- For Black/African American women of all ages 380.1 per 100,000 have HIV/AIDS (333.0, 2004)

#### Wellness

43.9% of women 20-44 are overweight or obese, 2004-2006, based on Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System Survey three year average (42.8%, 2002-2004)

50.5% of women 18 and over participate in 30+ minutes of moderate physical activity 5 or more days per week, or vigorous physical activity for 20+ minutes 3 or more days per week, 2007, based on Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System Survey (50.6%, 2003)

26.2% of women ages 18-44 eat five fruits and vegetables per day, 2003, 2005, based on Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System Survey two year average (26.6%, 2000, 2002)

6.8% of women ages 18-44 have high blood pressure, 2003, 2005, based on Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System Survey two year average (9.5%, 2001, 2003)

2.6% of women ages 18-44 have diabetes, 2004-2006, based on Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System Survey three year average (2.4%, 2003-2005)

19.1% of women ages 18-44 smoke, 2004-2006, based on Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System Survey three year average (20.5%, 2003-2005)

#### Mortality

The leading causes of death (rate per 100,000 population, women ages 20-44), 2007, Arizona Health and Vital Statistics

- Unintentional injuries, 25.2 deaths per 100,000 population (21.8, 2004)
- Malignant neoplasms (cancer), 15.5 deaths per 100,000 population (18.2, 2004)
- Intentional self-harm (suicide), 7.1 deaths per 100,000 population (7.2, 2004)
- Diseases of the heart, 6.7 deaths per 100,000 population (6.6, 2004)

## Key Women's and Children's Health Indicators

### Healthy Children and Adolescents

There are 1,857,550 children/youth ages birth through 19 in Arizona, 2007, Arizona Health Status and Vital Statistics

20% live in primary families with incomes under the federal poverty level, while 45% live in primary families under 200% of the federal poverty level, 2008, US Census Bureau, Current Population Survey

#### Access to Care

86.2% of children and adolescents under 18 have health insurance, 2007, US Census Bureau, Current Population Survey Annual Social and Economic Supplement (85.3%, 2004)

76.2% of children ages 19-35 months had received all age-appropriate immunizations (4:3:1:3:3 series), 2006, Centers for Disease Control and Prevention, National Immunization Survey, as reported in the Maternal and Child Health Services, Title V Block Grant, State Narrative for Arizona, Application for 2009, Annual Report for 2007 (78%, 2004)

6,527 children per 100,000 population had visits to the emergency room for conditions that could have been treated by a primary care physician, 2006, as reported in Arizona's Results for Children and Youth, Governor's Children's Cabinet, 2007 (6,725.5, 2004)

58% of children on Medicaid and 72.5% of children on KidsCare had six or more well-child visits during the first 15 months of life, Federal Fiscal Year 2006, Arizona Health Care Cost Containment System, Quality Management Performance Measures for Acute-care Contractors, 2007 (Medicaid, 54%; KidsCare, 59%, 2006)

58.5% of children on Medicaid and 64% of children on KidsCare ages 3-6 had at least one well-child visit in the reporting year, Federal Fiscal Year 2006, Arizona Health Care Cost Containment System, Quality Management Performance Measures for Acute-care Contractors, 2007 (Medicaid, 58.3%; KidsCare, 65.7%, 2006)

32.8% of adolescents on Medicaid ages 12-21 and 39.5% of adolescents on KidsCare ages 12-19 had at least one well-care visit during the reporting year, Federal Fiscal Year 2006, Arizona Health Care Cost Containment System, Quality Management Performance Measures for Acute-care Contractors, 2007 (Medicaid, 33.1%; KidsCare, 40.3%, 2006)

11.2% of children with special health care needs had access to needed services, 2007, as reported in the Maternal and Child Health Services, Title V Block Grant, State Narrative for Arizona, Application for 2009, Annual Report for 2007 (This is the baseline year for the indicator)

34% of Medicaid enrollees ages 1-18 received at least one preventive dental service in the reporting year, 2007, as reported in the Maternal and Child Health Services, Title V Block Grant, State Narrative for Arizona, Application for 2009, Annual Report for 2007 (42.6%, 2004)

#### Behavioral Health

27% of children enrolled in the behavioral health system had serious emotional disturbances, 2007, CMHS Block Grant, as reported in Arizona's Results for Children and Youth, Governor's Children's Cabinet, 2007 (22%, 2004)

49,507 children and adolescents accessed the Division of Behavioral Health Services, Fiscal Year 2008, Arizona Department of Health Services, Division of Behavioral Health Services

#### Pregnancy and STDs

The adolescent pregnancy rate for females ages 15-17, was 36.9 per 1,000, 2007, Arizona Health Status and Vital Statistics (42.0, 2004)

- Rate for Hispanic adolescents was 68.5 (79.7, 2004)

For females ages 15-19, the following rates apply, 2007, Arizona Health Status and Vital Statistics

- Gonorrhea 329.6 per 100,000 population (267.7, 2004)
- Chlamydia 3068.6 per 100,000 population (2189.1, 2004)

For males ages 15-19, the following rates apply, 2007, Arizona Health Status and Vital Statistics

- Gonorrhea 190.2 per 100,000 population (177.0, 2004)
- Chlamydia 642.4 per 100,000 population (450.9, 2004)

#### Wellness

77.6% of infants were born to women starting prenatal care beginning in the first trimester, 2007, Arizona Health Status and Vital Statistics (76.3%, 2004)

- For those covered by private health insurance, 91.1%
- For those covered by Medicaid, 68.5%
- For those covered by Indian Health Service, 60.9%
- For those who self paid, 63.4%

34.4% of 8th, 10th, and 12th grade students drank alcohol in the past 30 days, 2005-2006 School Year, Arizona Criminal Justice Commission, Arizona Youth Survey State Report, 2006 (46.4%, 2001-2002)



## Key Women's and Children's Health Indicators

### Healthy Children and Adolescents (cont.)

#### Wellness (cont.)

1.3% of 8th, 10th, and 12th grade students used methamphetamines in the past 30 days, 2005-2006 School Year, Arizona Criminal Justice Commission, Arizona Youth Survey State Report, 2006 (2%, 2001-2002)

15.3% of 8th, 10th, and 12th grade students smoked cigarettes in the past 30 days, 2005-2006 School Year, Arizona Criminal Justice Commission, Arizona Youth Survey State Report, 2006 (16.5%, 2001-2002)

25.9% of high school students are overweight or at risk of becoming overweight, 2006-2007 School Year, Centers for Disease Control and Prevention Youth Risk Behavior Survey, 2007, as reported in Arizona's Results for Children and Youth, Governor's Children's Cabinet, 2007 (25%, 2002-2003)

30.2% of children 2-5 receiving WIC services are at risk for overweight or overweight (Body Mass Index, BMI, equal to or greater than the 85th percentile), 2007, as reported in the Pediatric Nutrition Surveillance System (27.5%, 2005)

For children ages birth through age 14, there were 190.0 nonfatal injuries per 100,000 population, 2006, as reported in the Maternal and Child Health Services, Title V Block Grant, State Narrative for Arizona, Application for 2009, Annual Report for 2007 (263.4, 2004)

#### Mortality

The leading causes of infant death (2007, Arizona Health and Vital Statistics)

- Congenital malformations, deformations, chromosomal abnormalities, 1.5 deaths per 1,000 population (1.6, 2004)
- Short gestation and low birth weight, 0.9 deaths per 1,000 population (0.9, 2004)
- Maternal complications, 0.3 deaths per 1,000 population (0.4, 2004)
- Sudden infant death syndrome, 0.4 deaths per 1,000 population (0.3, 2004)

The leading causes of child death for children ages 1-14, 2007, Arizona Health and Vital Statistics

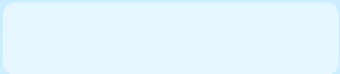
- Unintentional injury, 7.3 deaths per 100,000 population (8.1, 2004)
- Malignant neoplasms (cancer), 3.2 deaths per 100,000 population (1.8, 2004)
- Congenital malformations, 1.0 deaths per 100,000 population (1.5, 2004)
- Assault (homicide), 1.4 deaths per 100,000 population (1.5, 2004)

25% of fetal and infant deaths were preventable, 2005 birth cohort, as reported in the Maternal and Child Health Services, Title V Block Grant, State Narrative for Arizona, Application for 2009, Annual Report for 2007 (33.9%, 2004)

39% of child deaths in 2006 were preventable, 2007, Arizona Child Fatality Review Program Annual Report

Infant mortality rate for infants 1-year old and younger was 6.8, per, 1,000 live births 2007, Arizona Health and Vital Statistics (6.7, 2004)

- Rate for Black/African American births was 15.1, per 1,000 population 2007 (12.1, 2004)



## Governor's Commission on Women's and Children's Health

**Co-Chair, Dana Naimark**, Children's Action Alliance

**Co-Chair, Michelle King Robson**, EmpowHer.com / HW, LLC

**Ron Barber**, Verde Valley Medical Center

**Dr. Thomas Barela**, Pediatrics in the Pines

**Olga Idriss Davis**, Southwest Interdisciplinary Research Center

**Dr. Francisco Garcia**, University of Arizona-Center of Excellence in Women's Health

**Elizabeth Ann Garcia**, Pinal County Government

**The Honorable Gabrielle Giffords**, United States House of Representatives

**Susan Glawe**, Blue Cross Blue Shield of Arizona

**Amanda Guay**, North Country HealthCare

**Vanessa Hill**, Black Nurses Association of Greater Phoenix

**Douglas Hirano**, Asian Pacific Community In Action

**Bryan Howard**, Planned Parenthood Arizona, Inc.

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**Emma Torres**, Campesinos Sin Fronteras

**Gay Ann Williams**, Health Net of Arizona

**Rasheda Worthy**, Worthy Institute, LLC

### Ex-Officio Agencies

Arizona Department of Health Services

Arizona Department of Economic Security

Arizona First Things First

The Arizona Health Care Cost Containment System (AHCCCS)

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**Karen Ford Manza**, Arizona Family Planning Council

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